

WHAT IS CLAIMED IS:

1. A backpack comprising:
 - a bag portion;
 - only one shoulder strap connected at a first end to the bag portion;
 - left and right side straps, each side strap connected at a second end to the bag portion; and
 - a central member wherein the only one shoulder strap and the left and right side straps are each connected to the central member at second ends opposite from the first ends and at least one of the side straps being detachably attached to the central member.
2. The backpack of claim 1 wherein the at least one side strap includes a separating buckle for detachable attachment to the central member.
3. The backpack of claim 1 wherein both left and right side straps are detachably attached to the central member.
4. The backpack of claim 3 wherein both left and right side straps each have separating buckles for detachable attachment to the central member.
5. The backpack of claim 1 wherein the shoulder strap is adjustable in length.
6. A method for donning or removing a backpack, the method comprising:

providing a backpack having only one shoulder strap and two side straps with one of the side straps being detachable attached proximate a person's chest area;
donning or removing the backpack by connecting or disconnecting one of the side straps.

7. The method of claim 6 and further comprising keeping the other side strap attached during donning or removing.
8. The method of claim 6 wherein the side strap that is detached or attached is on the same side of the person as the shoulder strap.
9. The method of claim 6 wherein the side strap is being detached or is being attached to a central member positioned proximate the person's chest.
10. A method of removing a backpack from a wearer, the backpack including a bag portion extending over the wearer's back, and only one shoulder strap extending over a shoulder of the wearer, and two side straps extending around the person's mid-section, the only one shoulder strap and the two side straps being connected to a connector disposed proximate the wearer's mid-section, the method comprising:
disconnecting one of the side straps from the connector;
grabbing a portion of the shoulder strap proximate the connector;
and
removing the bag portion from the wearer's back by extending away from the body the arm that has grabbed the shoulder strap.
11. The method of claim 10 wherein the side strap is disconnected by separating a buckle that is part of the side strap.

12. The method of claim 10 wherein both side straps are disconnected.

13. The method of claim 12 wherein both side straps are disconnected by a separating a buckle that is part of each side strap.